



GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

May 6, 2005

In brief

Gulf Defender survey

The 325th Fighter Wing Public Affairs office strives to provide Team Tyndall with current, relevant information readers can trust about Tyndall issues, events and people, and we're always looking to improve.

Our editors would like to know what you think would make the *Gulf Defender* better!

On May 1, the PA office launched a survey to find out what you read and why; how the paper could improve; and what is important to you as a reader.

If you don't read the paper, please let us know why in the comments section. The survey will run through May 30.

To make the survey as simple as possible, it is available online at www.afnews.af.mil/inter-nal/survey/survey_index.htm.

If you have any questions or concerns, please feel free to contact the Gulf Defender editorial staff at 283-4500.

Thank you in advance for your participation in making the Gulf Defender a better product!

The ORI is coming ...



... 44 days and counting



2nd Lt. William Powell

How big is this turkey?

(From left) Senior Airman Joshua Appiah, Staff Sgt. Kevin Skaggs and Airman 1st Class Matthew Baker, all 95th Aircraft Maintenance Unit weapons loaders, carry an AIM-9 missile from a munitions trailer to an F-15 Eagle April 27 during the bi-annual Turkey Shoot competition here. The Airmen were evaluated on how quickly and safely they could load two AIM-9 and two AIM-120 missiles. For more on the Turkey Shoot, see pages 12-13.

Airmen use AF training, aid injured infant

AIRMAN 1ST CLASS SARAH McDOWELL
325th Fighter Wing Public Affairs

The quality of Air Force training was witnessed by the local community recently when two Airmen quickly responded to help a 2-year-old child.

Tech. Sgt. Ryan Dufrain and Staff Sgt. Justin Podomnik, both assigned to the 43rd Aircraft Maintenance Unit, were having lunch at the local Applebee's restaurant April 26. Sergeant Dufrain said he heard a thud, and when he looked to where the sound came from, he saw Madison Nagle lying unconscious next to her mother, Kristin, who was beginning to panic. Apparently, the child had fallen from a stool and landed on the unpadded floor.

The father, Will Nagle, was at the bar talking to a friend, while Mrs. Nagle stayed behind with the child.

"It happened so fast," Mr. Nagle said. "No sooner was I around the bar, then (Sergeants Dufrain and Podomnik) were there."

"When we got over to the child, (Sergeant Dufrain) held her head and checked for a pulse," Sergeant Podomnik said.

"She was unconscious when we got to her, but right after I laid her down, she came to," Sergeant Dufrain said.

The sergeants controlled the situation and used techniques they learned from self-aid/buddy care classes, such as checking for pulse and breathing, laying the child in the prone position and making sure someone successfully called 911. The paramedics arrived shortly after to make sure the child received proper attention.

"We are trained to help out when we can," Sergeant Dufrain said. "If I can do something small to help someone, then why not help?"

When word of the sergeants' deed reached Lt. Col. George Zaniewski, 325th Aircraft Maintenance Squadron commander, he expressed his pride in knowing two of his Airmen were there and able to help.

"Sergeants Dufrain and Podomnik did an outstanding job assisting members of our community during a time of crisis," Colonel Zaniewski said. "I am extremely proud of them for their efforts, and I know the community is proud to have Airmen like them serving at Tyndall. They were quick to use their wartime training skills to



Airman 1st Class Sarah McDowell

Staff Sgt. Ryan Dufrain, left, poses with Madison Nagle and her parents, Will and Kristin Nagle.

come to the aid of a community member providing yet another example of how the AF protects and defends the citizens of this great nation."

Madison's parents were equally grateful for the sergeants' actions.

"I was really surprised that anyone came to help, but I have a lot of thanks for them, I really do," said Mr. Nagle.

Madison, who was fortunate to come away from the situation relatively unharmed, was also thankful for their actions.

"I just fell on my head," she said, "I am thankful for the nice men."

Security forces wear one beret, but many ‘hats’

MAJ. FRANK HOWARD
325th Security Forces Squadron

Referee. Animal control specialist. Therapist. Locksmith. Psychologist. Not only do the men and women of security forces wear the recognizable blue beret, they’ve also worn several other “hats” of those aforementioned jobs, though often not by choice.

A cop has always been someone for the public to rely on – someone to call when they are in need. And although most calls the police receive are valid law enforcement concerns, some ‘just don’t fit’ into the law enforcement arena.

But that’s the wonder of being a cop — people think you can solve any problem, fix any dilemma and reach the perfect solution. It’s a frustrating job, but also flattering. It’s frustrating because a non-emergency call could keep you from responding to a real emergency,

and flattering because everyone thinks you’re Superman.

During my 21 years as a law enforcement officer, I have responded to some pretty unique calls, such as bears in the trees of senior leaders’ quarters, rattlesnakes in people’s yards, complaints of personnel parked in “their” reserved parking spots, suicides, fatal vehicle accidents, aircraft crashes and major structural fires.

From an Air Force perspective, it’s no different for the men and women of the 325th Security Forces Squadron. Tyndall’s cops have responded to calls ranging from requests for help because of deer strikes, thefts, domestic distur-

bances to dorm residents being locked out of their rooms. If an incident happens on Tyndall, you can be sure the security forces have responded to assist.

As I prepare to leave Tyndall this week for an assignment at Wright-Patterson AFB, Ohio, where I will wear yet another hat — a student’s hat — I am extremely excited about the new challenges on the horizon, though it will be hard to say goodbye to the incredible people of my squadron.

I have been witness to some extraordinary efforts by our cops, such as hurricane relief, presidential security, installation of major security technology projects, wing exercises, multiple 179-

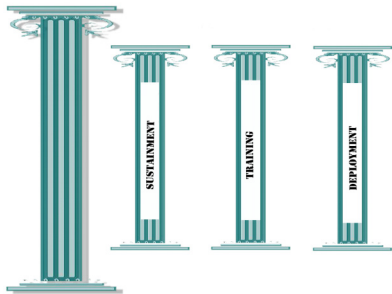
day deployments and extended work hours. It seems as though I’ve asked the impossible of my unit at times, but they have always delivered superior results.

I also want to say thank you to all the commanders and the rest of Team Tyndall for assisting us with the safety and security of the base. Without your support, our job would be much more difficult.

Of all the hats I’ve worn throughout my career, believe it or not, my favorite has not been the blue beret. I’m very proud of my beret, but the best hat I’ve worn is my “dad” hat. A dad (even if he’s not a cop) can seemingly solve any problem, fix any dilemma and reach the perfect solution. I am very proud of my three children, and being their dad is the best feeling in the world.

Being a dad and a cop - well, that’s pretty good work if you can get it.

FORCE PROTECTION



Commander discovers there is more than one ‘I’ in team

COL. KRISTAN WOLF
36th Medical Group commander

ANDERSEN AIR FORCE BASE, Guam (AFPN) — Over the years, my favorite movies have become “The Mighty Ducks,” “The Rookie” and especially “Remember the Titans.”

Was it because of the feel-good nature of the message? No, it was because they epitomized how I believed teams were built and what teamwork could accomplish. I’d always answered most challenges faced by a unit or an organization with, “the team can do it.” Teams were much stronger than the individuals themselves or individuals gaggled together. There was no “I” in a team.

Then, I was fortunate enough to attend a gathering where an author of “Chicken Soup for the Heart” gave a speech that made me totally restructure my views on teams and teamwork. He proposed that there was a difference in teams ... that there were teams and winning teams. The example he gave was from the 1990s when the Dallas Cowboys ruled the NFL and the Tampa Bay Buccaneers were at the bottom of the heap. He visited the two teams at their home stadiums.

What he found at Tampa was a cluttered locker room with empty pizza boxes on the floor and dirty towels strewn all over the benches. When he asked one of the players what he did, the answer he received was, “Play football.”

He next visited the Dallas Cowboys. What greeted him there was an immaculate locker room, where he witnessed players picking up after themselves and taking pride in their surroundings. This time when he asked a player what he did, he was told, “Win Super Bowls!”

With that, the author clarified what he believe accounted for the differences in teams. There were two “I”s in a winning team. One was for independent growth and accountability, while the other was interdependent collaboration. After mulling over that concept for a few hours, it suddenly dawned on me there was also a “G” in “winning teams.”

Unlike Tampa Bay, the leaders of the Dallas Cowboys had set a goal, or defined a vision, for the team and set an expectation of personal performance. Their players were acutely aware their job was to win Super Bowls, not to just play football. Similarly, at the beginning of the 2000-2001 season, the Colorado Avalanche managers brought in a

motivational speaker to talk about how he’d overcome adversity and made it to the top of Mount Everest by taking one step at a time. He painted for them their goal of the Stanley Cup in their possession at the end of the season, by winning one game at a time. As a visible reminder, an ice pick was driven into the locker room wall as a daily reminder of that goal.

Once a vision has been identified, then team members, sometimes with the aid of supervisors and coaches, can define what their role is in achieving the team’s goal. The guards and tackles on the offensive line of a football team know their job is to not let the other team’s defense get to the quarterback. They are to protect him to prevent a sack which could change the outcome of the entire game. Each is responsible for the three feet in front of him, the three feet behind and the three feet on either side — nine square feet.

Each of us is a member of multiple teams — family, work, base. As good team members, each of us should ask ourselves, “What is the team’s goal and what are our

● SEE TEAM PAGE 3

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● **FROM TEAM PAGE 2**

‘nine square feet’?” What do we need to know, and what skills do we possess to perform well within the box? Then, each of us must complete a self-evaluation and identify those things we need to improve. Ask for constructive criticism from peers and supervisors. Insist on feedback. Then set to work to fix those things and take accountability for all areas of responsibility in that “nine square feet.” That’s the first “I” in a winning team.

During a recent inspection, I witnessed a great example of the second “I” when services, logistics and medical group Airmen worked hand-in-hand to pull off a smooth reception of forces. Any one of the units could have stumbled and caused the entire team to fail. No one player can be the single star. Just ask the LA Lakers this year. Each member must mesh actions with the others. Ask yourself, “What other sections are critical to my shop getting its job done?” “With whom do I need to build bridges or network?” “Where do I have room to negotiate?” “What’s the bigger picture?” “What can I do to help another section?” Then take action on your findings to ensure strong collaborative efforts.

As I sat on the bleachers watching a college fast-pitch softball game, it struck me that although

a play could only be made by one of the players on the field, many of the other team members helped with the success. A long hit was headed to the outfield and, as the centerfielder tried to detect the ball against the sun, the other two outfielders were yelling for her to back up and move right.

With that guidance, she was right where she needed to be to save a triple. When the catcher’s view was blocked by the batter, the girls on the bench were vital to alerting the catcher when the opposition took off from first to steal second. Not everyone on your team has to be in on every piece of the process. That’s a great opportunity to get a relook at the team performance by someone who’s involved. Your “second string” is of great value to success.

Finally, it’s good to remember that we all have some collective responsibilities in our “nine square feet” box. We are all responsible for the appearance of the installation, for operational safety, for the safety of each other and for the example we set as members of the Air Force.

Leaders set the “G”oals and vision. It’s now time for each of us to make sure we’ve done our part in our “I”ndependent improvement and accountability, along with our “I”nterdependent collaboration, so we score the winning run to remain a “Winning Team.”

“We are all responsible for the appearance of the installation, for operational safety, for the safety of each other and for the example we set as members of the Air Force.”

COL. KRISTAN WOLF
36th Medical Group commander

Tyndall’s weekend weather forecast

Today
Mostly sunny



High: 78 Low: 58

Saturday
Sunny



High: 80 Low: 55

Sunday
Mostly sunny



High: 81 Low: 58

Courtesy of the 325th Operations Support Squadron weather flight

ON THE STREET

325th Operations Support Squadron focus

What’s the best part of working in the weather flight?



“I like how each day turns out a little different. Also, the occasional hurricane breaks up the monotony.”

CAPT. STEVEN VILPORS
325th OSS



“Having the job that everyone thinks they can do.”

TECH. SGT. YASMEEN WILSON
325th OSS



“Looking for rainbows after rain showers.”

STAFF SGT. STONEY BAIR
325th OSS



“Being able to be wrong and still get a paycheck.”

STAFF SGT. TIM MINKLER
325th OSS

Action Line
Call 283-2255



BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you’re not satisfied with the response or

you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General’s Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

Commissary	283-4825
Pass and I.D.	283-4191
Medical and Dental	283-7515
MEO	283-2739

MPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
Legal	283-4681
Housing	283-2036
CDC	283-4747
Wing Safety	283-4231
Area Defense Counsel	283-2911
Finance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

HSI team rates medical group among AF’s best

LT. COL. PAULA CORRIGAN
325th Aeromedical-Dental Squadron commander

The 325th Medical Group is maintaining its status as one of the Air Force’s premiere medical facilities, according to a team of evaluators.

An eight-person Air Force Inspection Agency team rated the group “Excellent” during a Health Services Inspection which occurred April 27-29 here.

The HSI was conducted to assess readiness, provide an independent assessment of medical care, identify instances of fraud, waste and abuse and evaluate and report on the effectiveness and efficiency of medical management.

Throughout the three-day inspection, the inspection team turned over nearly every stone in the medical group, but came away impressed overall.

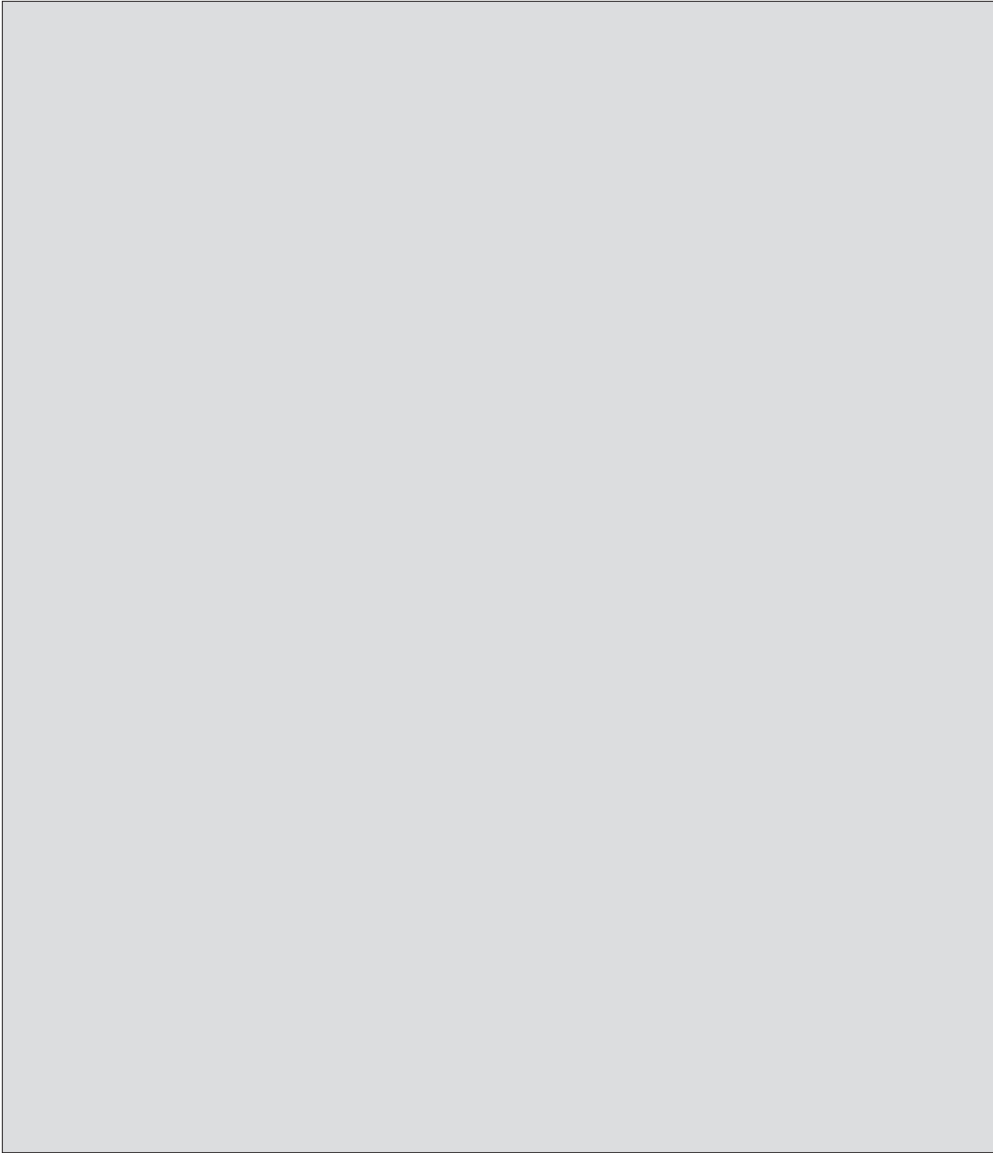
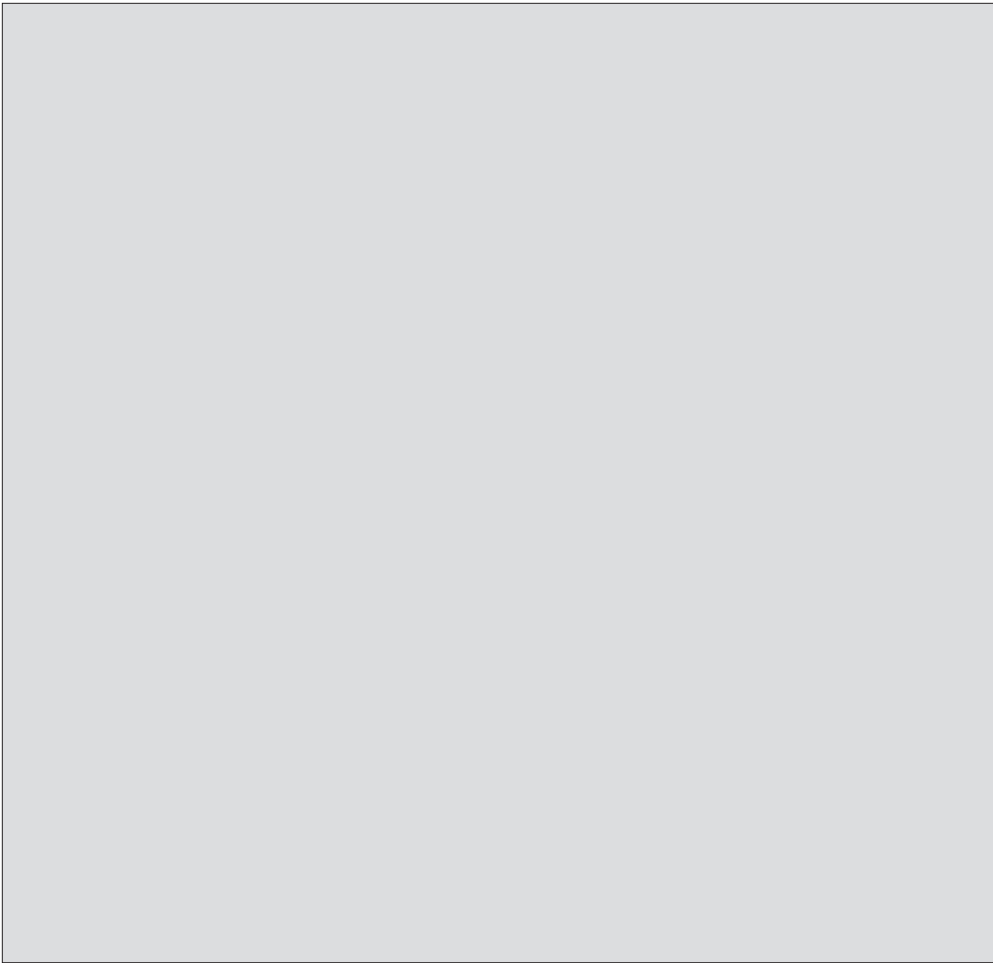
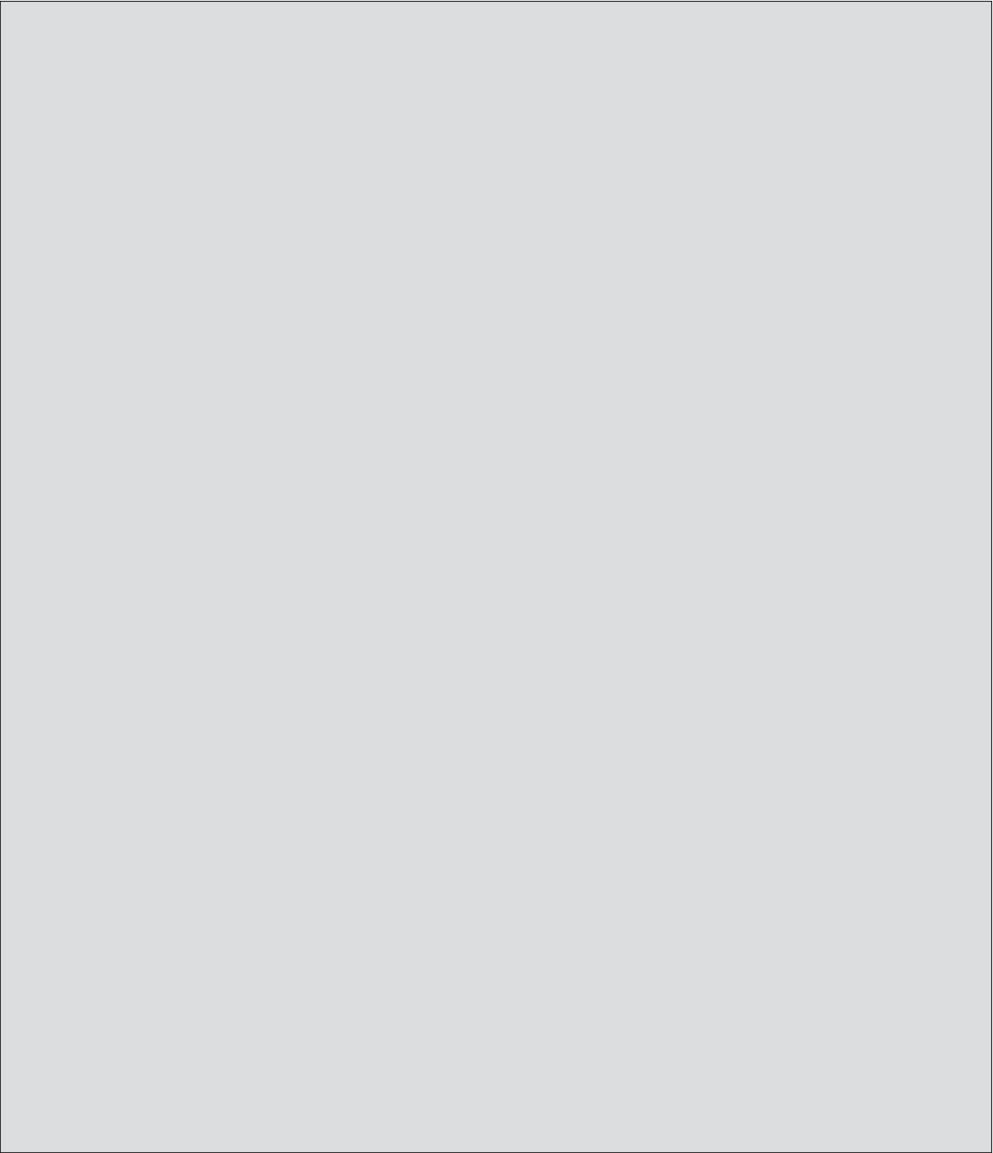
In fact, many areas within the group received “Outstanding” ratings, such as

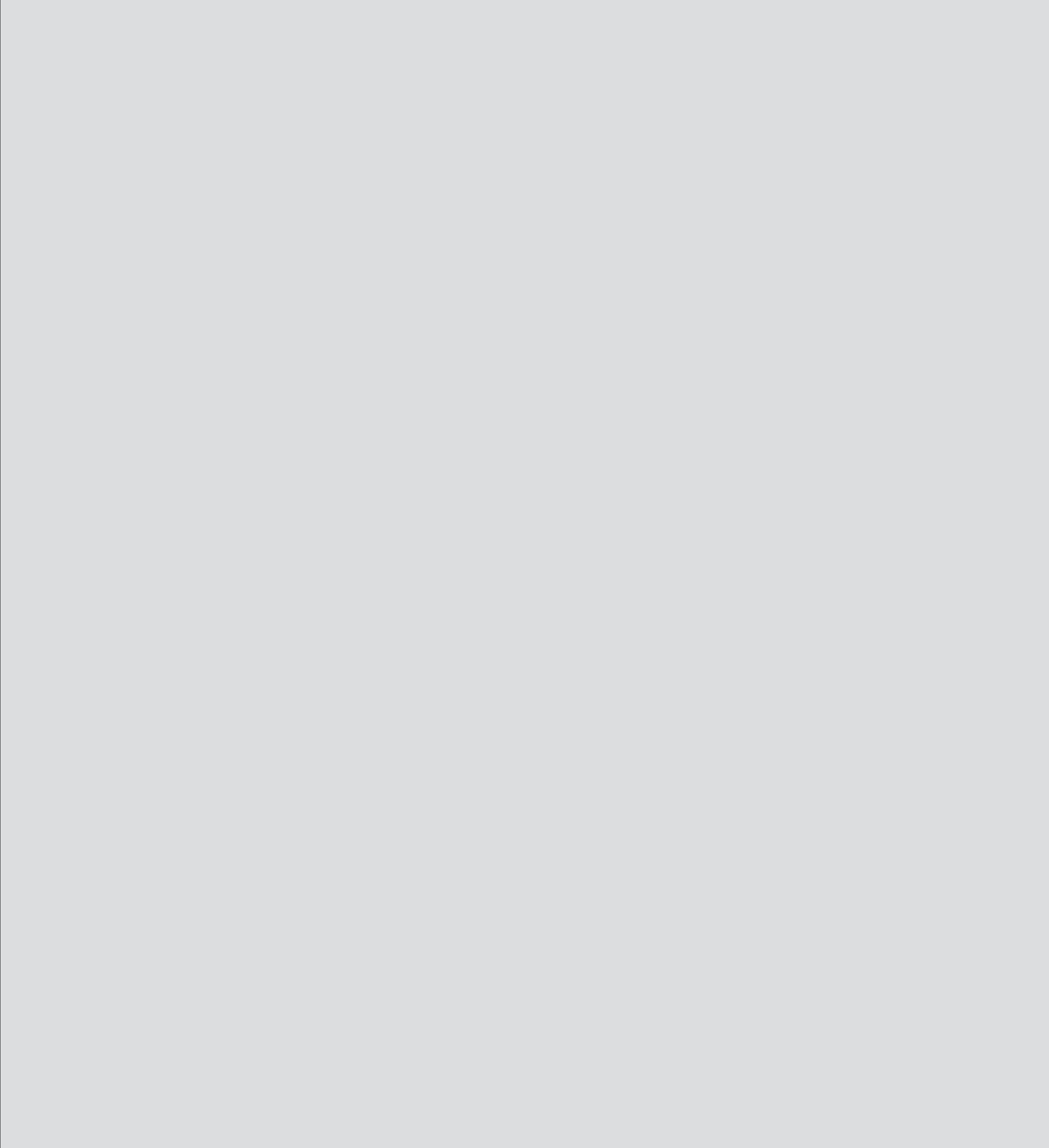
medical readiness, public health, dental, life skills and overall executive oversight of the unit.

Additionally, the preventive health assessment and individual medical readiness, occupational exam and hearing conservation programs were noted to be among the “best seen to date” by the inspectors.

Lt. Col. Brad Herremans, 325th Medical Group deputy commander, credited the group’s success to the support and cooperation of the 325th Fighter Wing, and said that facilitated the provision for excellent medical care.

“We are extremely proud of every individual in the unit for their consistent hard work and dedication to the mission of keeping Team Tyndall fit to fight,” Colonel Herremans said. “The 325th MDG is a top-notch unit, and I am extremely happy to be a part of this organization.”





Fire safety critical for successful ORI

2ND LT. DAVID S. DAWSON
325th Civil Engineer Squadron

Operational Readiness Inspectors will be checking to ensure that Team Tyndall is a good steward of government property.

Being a good steward involves an important consideration — ensuring units are in full compliance with fire prevention standards and ensuring we dispose of hazardous material properly.

The following are required of all facility managers so their buildings remain fire safe and occupants are fully educated in fire safety:

- Inspect areas regularly for a lack of good housekeeping, and correct any deficiencies you find. Spot and correct common fire safety hazards, such as use of extension cords in place of permanent wiring or daisy-chaining extension cords.
- Facility managers should inspect fire extinguishers and emergency lighting at least once a month for serviceability and annotate the inspections.
- If there are special fire protection fea-

tures in the facility, such as a cooking hood and duct systems or an automatic fire suppression system, make sure the required cleaning, testing and maintenance of systems have been completed and work is documented accordingly.

- Maintain a certification system to ensure employees are trained and understand their fire prevention and protection responsibilities in the work environment. This includes documented annual training of employees and ensuring new employees are trained within 30 days of being hired.

- Lastly, everyone has a stewardship over the environment which will be examined by the inspectors. The civil engineer squadron has programs in place to help in this area of responsibility also, but more than ever CE needs Tyndall’s support and cooperation to keep our base environmentally compliant.

Here are some areas of hazardous material turn-in everyone needs to know:

Turn-in of unused material: Shops with unwanted, expired or excess material must fill out the Hazardous Material Turn-in Re-

quest form and contact the hazardous material management office (HAZMO) by calling 283-8440. HAZMO will make the determination if the material can be reused or redistributed to another shop on base under the free-issue process. If after 30 days, the hazardous material can not be re-issued, HAZMO will contact the shop to pick up the Hazardous Material Turn-in Request form. Note: Building 6011 will not accept any unwanted, unused, or expired hazardous materials until the above conditions are met.

Fluorescent lights: Fluorescent bulbs cannot be thrown in the garbage. They must be collected and brought to the Recycle Center, Building 6011, for recycling. Facility managers can pick up special cardboard containers designed for holding four-foot fluorescent light bulbs from Building 6011. Containers must be labeled “Spent Mercury Containing Lamps Intended for Recycling” and must have the accumulation start date.

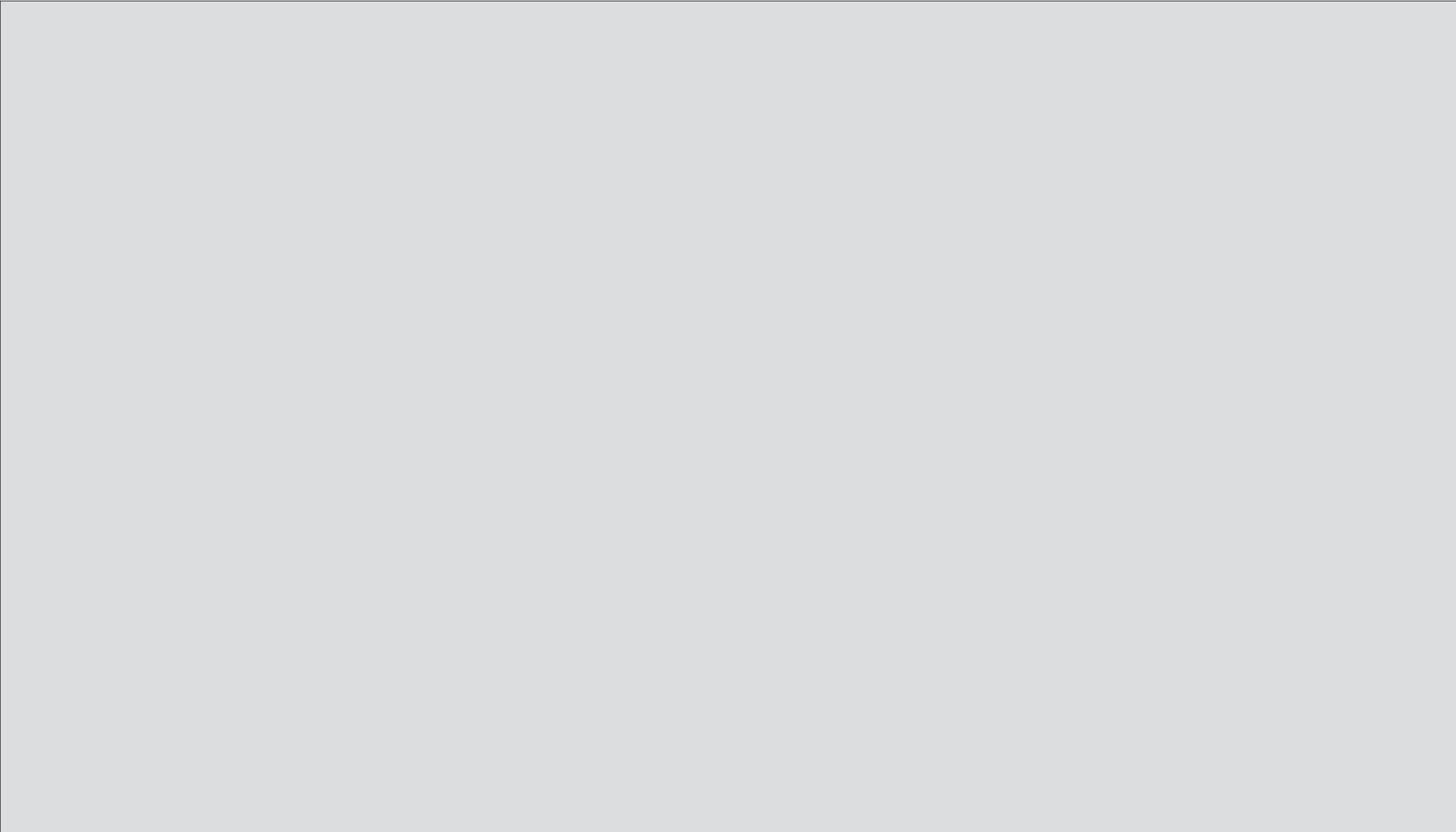
Nickel-cadmium, lithium, mercury, silver, and manganese batteries: These batteries cannot be thrown in the garbage. Fa-

cility managers can collect batteries in any type of container (plastic, cardboard boxes, or small cans). Containers must be labeled “Universal Waste” and must have the accumulation start date. The battery type should also be indicated on the container

Non-aerosol paint cans: Empty paint containers can be thrown in the garbage. Paint cans with three percent or more of their contents must be transported to Building 6011 for proper disposal.

Aerosol paint cans: Empty aerosol cans cannot be thrown in the garbage. Users will treat the cans as hazardous waste until puncturing. Cans must be punctured prior to recycling to eliminate the hazard of reactivity from pressurization. The collection container must be labeled “Hazardous Waste.”

Once again, we are here for you, and we will be happy to help you prepare for the ORI. Please plan ahead and give us time to help you. With your cooperation, we will make every effort to make this ORI a success for your organization.



Commissary Awareness Month offers savings, fun

STAFF SGT. BENJAMIN ROJEK
325th Fighter Wing Public Affairs

May is Commissary Awareness Month, and commissaries throughout the Air Force will be working to inform Airmen about the benefits commissaries afford them.

“The commissary is an important part of any military member’s benefits, and there is still a misconception among new and single service members that only married personnel can shop at the commissary,” said Patrick B. Nixon, Defense Commissary Agency chief executive officer and acting director. “That is far from the truth, and Commissary Awareness Month activities refute that misconception.”

Mike Yaksich, Tyndall Commissary store director, said they are also trying to let the first-term Airmen know about the savings and variety offered by the commissary.

“There is an average savings of more than 30 percent over the retail stores,” said Mr. Yaksich. “An average family of four saves about \$2,700 annually by shopping here.”

Customers purchase all items at cost, plus a five percent surcharge. The surcharge is used to build new commissaries

and renovate existing ones.

He added that, compared to local retail outlets, customers can save up to 50 percent on meats, 45 percent on produce and 32 percent on regular groceries.

“When Airmen come in here for a tour, we tell them that if they want something we don’t currently carry, they should tell us and we’ll try to get it, if possible,” said Mr. Yaskich.

Besides tours for First Term Airmen Center students, there are other events planned to save people money and raise commissary awareness, including a case lot sale May 20–22 and a barbecue from 11 a.m. to 1 p.m. May 25. The cook-out is focused on first-term Airmen, but everyone is welcome to come out for hot dogs and chips.

“We’re here for the community,” said Mr. Yaskich. “The commissary is a benefit for our military people, and we’re here to execute that benefit for our customers.”

Eligible customers, he said, include active duty military and dependents, Guard and Reserves, and retirees. But as always, Commissary Awareness Month remains focused on the Air Force’s newest troops.



Staff Sgt. Benjamin Rojek

Airman Isaac Poouahi, 325th Civil Engineer Squadron, talks with Commissary cashier Chong Amison while paying for his groceries.

“Young military members often learn about their commissary benefit through word of mouth, and for some the Commissary Awareness Month tour is the first time they have been in the commissary,” said Mr. Nixon. “By reaching out to young servicemembers, we hope to build lifelong commissary shoppers.”

Vance Airman pays steep price after bilking government for thousand\$

VANCE AIR FORCE BASE, Okla. (AFPN) — An Airman here was convicted recently in a special court-martial for defrauding the U.S. government.

Staff Sgt. Louise Smith, of the 71st Medical Support Squadron, was found guilty of violating the Uniform Code of Military Justice’s Article 132, Fraud Against the United States.

The military judge sentenced Sergeant Smith to a bad conduct discharge, three months confinement, forfeiture of \$823 in pay during three months and reduction to airman basic.

The fraud occurred during a local do-it-yourself move, said case prosecutor Capt. Charles Gartland of the 71st Flying Training Wing legal office.

Sergeant Smith’s husband drove a 10,000-pound forklift onto the scale when weighing the family’s household goods. As a result, the claim she submitted to the traffic manage-

ment office the next day requested reimbursement for moving more than 21,000 pounds of household goods.

This caused TMO and 71st Comptroller Squadron officials to question the extraordinarily high weight being claimed. An investigation ensued, and Sergeant Smith confessed to

fraudulently boosting the weight of her family’s household goods. The fraudulent claim netted her about \$3,000 more than she was entitled to.

“This case is a perfect illustration of the ultimate test of personal integrity: Doing the right thing when no one else is looking,” Captain

“She wasn’t just wrong about thinking she’d get away with it. From an ethical standpoint, she revealed a character flaw that is fatal to military morale, discipline and mission accomplishment.”

CAPT. CHARLES GARTLAND
71st Flying Training Wing legal office

Gartland said.

“She wasn’t just wrong about thinking she’d get away with it. From an ethical standpoint, she revealed a character flaw that is fatal to military morale, discipline and mission accomplishment,” he said. “Hopefully, (her) punishment will cause other military members to think hard about their decisions.”

CE exercise prepares Tyndall for major oil spills

2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

Members of the 325th Civil Engineer Squadron simulated a 3,000 gallon fuel spill in the waters near Tyndall's fuel depot April 28 to evaluate their response in the event a spill actually occurs here.

According to Bridget Keegan, 325th CES environmental engineer, Tyndall is the only base in Air Education and Training Command that receives its fuel by barge, and a unique training schedule is required to prepare for and prevent a potentially catastrophic environmental incident.

"If an oil spill occurs in the marsh area here, Tyndall is looking at a cleanup cost of about \$1,000 per square foot," she said. "(The exercises) ensure we understand what our concerns are, and make sure we keep our contractor working with us (who would actually clean up the spill). We don't want to lose valuable time."

To prepare for an oil spill, the squadron is required to accomplish multiple 'tabletop' plans and exercises, unannounced exercises and notifications and practice equipment deployments to the offloading area.

This exercise focused on deploying equipment, said Robert Flirt, 325th Logistics Readiness Division quality assurance professional.

"The type of equipment required to contain a spill depends on how much fuel is lost and where it's going with the tide and wind," he said. "For this exercise, we deployed a 1,000 foot of containment boom because that meets the requirement for a deployment exercise."

The boom is a long, skinny floatation device that attaches from one side of the marsh to the other to contain a fuel spill. It won't remove the oil floating above the water, but it will help to keep it from spreading. To remove the oil, additional equipment is required.

"The oil can get cleaned up through absorbents or by mechanical recovery using skimmers or (vacuum) trucks," said Harry Marsh, an oil spill removal organization supervisor. "Portable skimmers fit on a pontoon-type boat and drum skimmers are mounted on some of our big boats."

The skimmers pick up the oil and pump it into a holding tank. Absorbents are pads or absorbent booms, which are thrown into the water, and suck up the oil floating on water.

But to speed the process of containing a potential fuel spill, the contractors deploy a containment boom before each barge unloads its fuel here, said Bobby Richardson, 325th CES assistant fire chief.



2nd Lt. William Powell

Members of Southern Way Services, Tyndall's oil spill removal organization, tie down an oil containment boom during the fuel spill exercise April 28 here. Tyndall is the only base in Air Education and Training Command that receives its fuel via barge.

"The booms may not prevent an entire containment of the fuel spill, but it will reduce the environmental impact," he said. "Our primary focus is to protect the environment and the people. But we are planning and preparing for something that probably won't happen because of how well everyone works together."

According to Foley Riley, 325th LRD

fuels manager, the base receives fuel from a barge which carries approximately 1 million gallons.

"In my thirteen years here, we have never had a spill due to negligence on our part," he said. "There have been a few instances where a barge has hit a tree or a bridge or had a leaking pipe, but nothing that was our fault. I think that's pretty significant."

Wounded troops, families receive free airline tickets

RUDI WILLIAMS

American Forces Press Service

WASHINGTON (AFPN) — Through the good will and generosity of thousands of people with unused frequent flier miles and U.S. airlines, the Fisher House Foundation has given out nearly 3,000 free airline tickets to war-wounded servicemembers and their families since the giveaway program started in January 2004.

About 1,000 tickets have been given away since January, and the number is constantly growing.

Through its partnership with the Operation Hero Miles program, Fisher House has given away more than 100 million donated frequent flier miles to bring families and loved ones to the bedsides of wounded combatants, said Jim Weiskopf, Fisher House vice president for communications.

Operation Hero Miles was created to provide free round-trip tickets donated by the American public to the almost 500 servicemembers arriving each day from Iraq on rest and recuperation leave.

People eligible for free tickets fall into two categories:

— Wounded servicemembers from Iraq and Afghanistan with an approved convalescent leave may be given a free round-trip airline ticket for a trip from the military or Veterans Affairs medical center where they are being treated to their home and return if they are not eligible for government-funded airfare.

— Qualifying servicemembers may be given free round-trip tickets to allow their family or close friends to visit them while they are being treated at the medical center.

Many fiances and fiancées take advantage of the donated tickets because the government generally pays for up to three family members to visit very seriously injured troops, Mr. Weiskopf said.

Army Capt. Daniel MacArthur Gade and his family were brought together at Walter Reed Army Medical Center here with free airline tickets, according to a foundation flier.

Captain Gade was seriously injured in Iraq by an improvised explosive device, and his right leg was amputated at Walter Reed.

The Army could fly three relatives at government ex-

pense to his bedside — his wife and his parents. Through its partnerships with major airlines, the foundation provided airline tickets for other members of his family, including his daughter, according to the flier.

"Fisher House Foundation is able to help the Gade family and the families of hundreds of other servicemen and women wounded or injured in Iraq or Afghanistan due to the generosity of airline passengers who have donated their frequent flyer miles to help reunite families," the flier read. "We take over where the government entitlements end and provide airline tickets to servicemembers and family members."

Mr. Weiskopf credits Mary Jo Myers, wife of the chairman of the Joint Chiefs of Staff, Gen. Richard Myers, with being a catalyst for creating the program.

"What Mrs. Myers envisioned is that the servicemembers are young, so the parents are still working and trying to be by their loved one's bedside while trying to keep their jobs too," Mr. Weiskopf said. "So a lot of them try to commute back and forth."

SEADS Airman convicted during first-ever FLANG court-martial

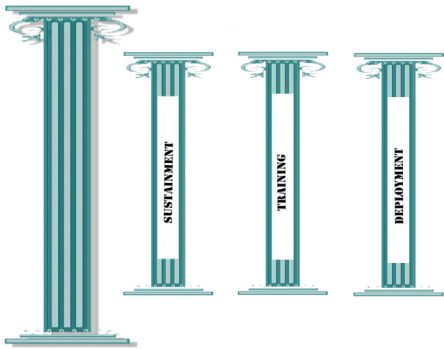
2ND LT. WILLIAM POWELL
325th Fighter Wing Public Affairs

A Florida Air National Guard Airman was convicted of breaking into government property and stealing government equipment recently here in the first-ever FLANG court-martial.

A panel of FLANG officers sentenced Airman 1st Class Michael Quinlan, Southeast Air Defense Sector, to 120 days confinement, forfeiture of all pay and allowances, reduction to E-1 and a bad conduct discharge for violating Articles 108 and 121 of the Florida Code of Military Justice.

Airman Quinlan cut a hole in the perimeter security fence surrounding the SEADS compound, broke into the warehouse and stole a 42-inch plasma TV and two computer monitors valued at nearly \$4,000.

FORCE PROTECTION



He later sold the plasma TV to a civilian. Airman Quinlan was reported to the Air Force Office of Special Investigations by another SEADS member who learned of Airman Quinlan's involvement through mutual friends. The witnesses cooperated and the stolen property was recovered.

According to the case's prosecuting official, Lt. Col. Michael Guillory, the punishment fit the crime.

"Fortunately, the stolen items were returned and the fence was repaired, but the consequences for the young Airman are far more lasting," Colonel Guillory said. "He now has a criminal conviction and a punitive discharge that will follow him for the rest of his life for disobeying the laws we all must live by."

Airman Quinlan will serve his confinement in the Florida state prison system.



ORI TIP OF THE WEEK

Week 7:

Try and set aside a clear work area if you have multiple inspectors visiting your work center. It gives them some privacy to conduct interviews and write down notes. If possible, computer support can be very helpful. Even though you may give them some space to work, don't forget to escort evaluators while they are in your work areas. Don't just turn them loose.

Checkertail Salute

Airman 1st Class Sarah Denning



Airman Denning receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Airman Denning, who is a 325th Contracting Squadron contracts specialist. She awarded a \$2.5 million flightline sunshades contract in a mere nine hours, instead of the normal 30 days. She achieved a 94 percent score on the physical fitness test. Airman Denning also volunteered 69 hours to causes such as Habitat for Humanity and the Special Olympics.

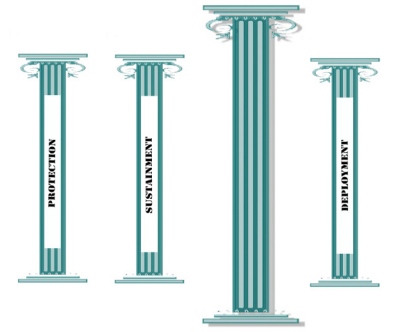
Duty title: Contract specialist
Time on station: Two years, two months
Time in service: Two years, six months
Hometown: Sumter, S.C.
Hobbies: Tennis and drawing
Goals: To obtain a bachelor's degree in human resource management
Favorite movie: "Goodfellas"
Favorite book: Lowrider Magazine
Favorite thing about Tyndall: The weather
Pet peeves: Being interrupted
Proudest moment in the military: Getting senior airman below-the-zone

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

The Gulf Defender is published for people like Staff Sgt. Joey Bryson, 325th Logistics Readiness Division NCO in charge of deployment support.




FORCE TRAINING



Training Spotlight

Why did you chose to be a crew chief on fighter aircraft?

“Fighter jet mechanics seemed interesting because of its direct impact on the success of combat missions.”



AIRMAN BASIC JEFFREY JAMIESON
372nd Training Squadron/Detachment 4
Mission Ready Airmen student

Intel Airmen gain Eagle knowledge at Tyndall

2ND LT. WILLIAM POWELL
325th Fighter Wing Public Affairs

(Editor’s note: This is the first of a four part series highlighting the Intelligence Flight Training Unit here.)

An F-15 Eagle fully fueled and armed for battle is still just a static display unless the pilot is armed with accurate information – what his mission objective is and who may try to stop him.

Intelligence personnel are the ones who give these warriors knowledge to complete mission objectives, and Tyndall is where officer and enlisted intelligence personnel receive F-15 Eagle-specific training.

According to Staff Sgt. Ryan Roush, 325th Operations Support Squadron Intelligence Flight Training Unit instructor, the four-week course builds upon general intelligence information taught at Goodfellow AFB, Texas.

The first week of class, though, establishes the foundation for the rest of the course.

“Students learn about the Eagle’s aircraft handling capabilities,” he said. “This includes basic aerodynamics and how well the jet maneuvers in flight. Knowing this type of information helps when the Eagle is compared to other threat aircraft.”

The students also learn basic radar theory and simple mechanics of how an Eagle’s radar works, added Staff Sgt. Ramon Martinez, 325th OSS IFTU instructor.

“Knowing (how radar works and what the items on the screen signify) will help Intel troops read pilot 8 mm tapes after a mission,” Sergeant Martinez said. “This training makes it easier to write a mission report



Capt. Brian Biebel, 1st Fighter Squadron instructor pilot, briefs the new Intelligence Flight Training Unit class about unique F-15 Eagle characteristics Monday. The class began its four-week-long training course here Monday.

with minimal time spent with the pilot.”

The 8 mm tapes act as a visual record of each mission. Intel personnel review the tapes following a mission, and the information recorded helps determine if a mission was successful.

But perhaps the most important thing students learn during the first week of class is how to give a threat of the day briefing, said Sergeant Roush.

“These briefings are a huge part of what these Intel troops will do at their home units,” he said. “They build, brief and then get evaluated on their overall performance.”

It is their job to take large amounts of data from various sources and condense it into a clear and concise briefing for a pilot to easily decipher. The briefings provide information on threats the pilot may face during a mission, and by the end of the course,

the students give up to six briefings a day.


Most students are in the intelligence career field for a few years working at wing-level or with other airframes before arriving at an F-15 fighter squadron. Their assignment to an Eagle squadron requires them to attend the training course here.

Second Lt. Tyson Wetzel, an IFTU student from Eglin AFB, Fla., has been assigned to an Eagle squadron for six months. He said he’s learned a lot about the F-15 since arriving there, but he’s looking forward to the advanced training he’ll receive here for the next four weeks.

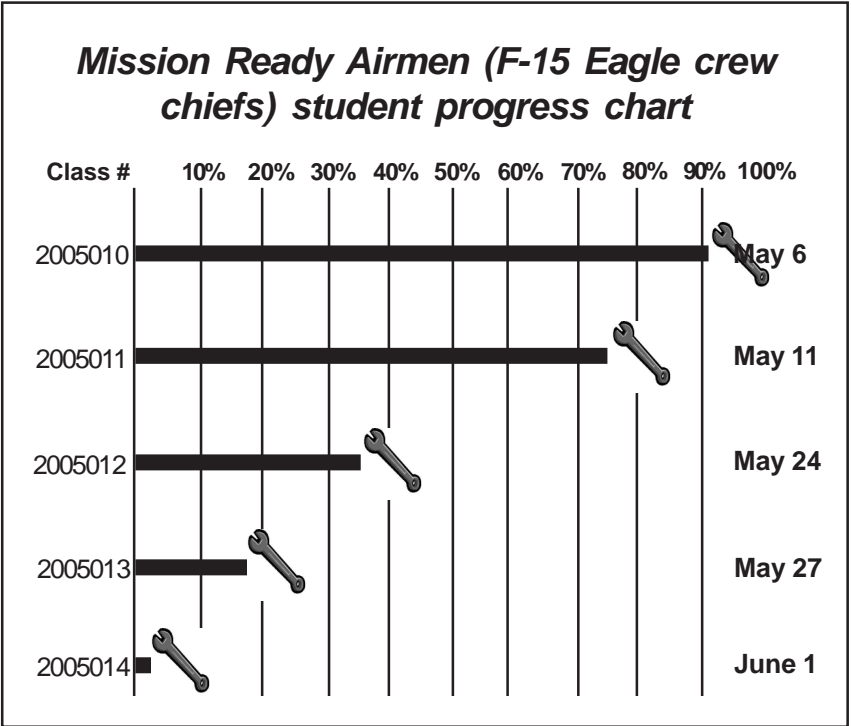
“This course is going to give me a lot more Eagle-specific knowledge,” he said. “I’ll learn how to correctly employ the aircraft, and how to work more efficiently with the pilots back home. It’s always good to learn as much as you can in your job to make yourself that much better.”

Eye on the tire

Airman 1st Class Adam Foertsch, a 372nd Training Squadron/Detachment 4 Mission Ready Airmen student, inspects the tire of an F-15 Eagle with a tire depth gauge. He was preparing for his third launch as a student. Airman Foertsch is with MRA Class 2005010, which graudates today.



Staff Sgt. Benjamin Rojek





Two F-15 Eagles taxi to the runway as one lands during the Turkey Shoot competition April 25-29 here. Eagle pilots from all three F-15 fighter squadrons participated, as well as many other 325th Operations Group and Maintenance Group members. The competition takes place here twice each year.

2ND LT. WILLIAM POWELL
325th Fighter Wing Public Affairs

Members of the 325th Operations and Maintenance groups got a taste of combat recently as they planned and executed various combat missions as part of the first Turkey Shoot competition here this year. Tyndall Airmen participate in the compe-

tition twice each year for the title of ‘best on base.’ According to Capt. Derek Sawser, 325th Operations Support Squadron chief of F-15 wing weapons, the Turkey Shoot is a way for everyone involved to test his or her skills and improve through competition. “Since this is a training base, people don’t

get to plan for and execute actual combat missions,” he said. “This way, the instructors and other participants at each squadron remain tactically proficient.” “There are a lot of people involved in the planning process for the competition, but the main players [who compete] are the air control squadron, aircraft maintenance units, fighter squadrons and intelligence personnel,” said Maj. Thomas Shank, 325th OSS chief of wing weapons.

This Turkey Shoot scenario consisted of each F-15 Eagle FS attempting to protect a high-value airborne asset, such as an E-3 Sentry Airborne Warning and Control System, which is defenseless in flight. Each squadron chose four Eagle drivers to fly against an unknown number of airborne adversaries. “We usually try to get dissimilar aircraft to participate so an Eagle doesn’t merge with its own kind in flight,” said Major Shank. “That way the Eagle pilots don’t know if he’s a good guy or a bad guy.” The ‘bad guys’ for this competition were F-16 Fighting Falcons here temporarily to train with the F/A-22 Raptors. “We also didn’t brief the Eagle pilots about the MU-2 aircraft they would encounter in flight,” he continued. The MU-2 is a twin-engine propeller plane that air battle manager students first learn to control during training here. The aircraft was simulating an AN-2 Colt, which is a

transport aircraft often used for special forces. The addition of the propeller plane was meant to cause in-flight confusion for the Eagle drivers. But the mystery of whom the enemy would be was nothing new to the veteran pilots, according to Capt. Greg Wintill, 1st FS in-



Capt. Jerry Canny, 325th Air Control Squadron lead controller for his team, and Capt. John Middlemore, assistant controller, prepare their radar scopes to direct the Blue Team, or ‘good guys.’ The air battle managers help pilots identify who is hostile in the air.



Senior Airman Joshua Appiah, Staff Sgt. Matthew Baker, all 95th Aircraft Maintenance Squadron, load an AIM-9 missile to an F-15 Eagle in the background. The team had to load 2 AIM-9 missiles to the Eagle.

structor and his team's flight commander.

"We wouldn't know how many adversaries we would be up against in real life, either," he said.

The pilots didn't actually fire any munitions when they locked onto an enemy, but the AMU weapon loaders were nevertheless evaluated on how well and how fast they could arm an Eagle with combat munitions.

"The weapons load crew is there to prepare the aircraft for combat," said Staff Sgt. Kevin Skaggs, 95th AMU weapons load crew chief. "Without weapons, we're just another airline. But for the Turkey Shoot, we [showed] that we're combat ready for load-ing purposes."

Each AMU team was evaluated as they loaded two AIM-9s and two AIM-120s with a time limit of 30 minutes.

"The evaluators check to see if we load the munitions and handle our equipment safely, and that we load a reliable weapon on a reliable station," Sergeant Skaggs said. "Fortunately, my team also loaded for the William Tell competition last November, so we have a lot of practice working quickly and safely."

As the weapon loaders prepared the air-



gt. Kevin Skaggs and Airman 1st Class enance Unit weapons loaders, quickly April 27 as an evaluator watches in the M-9s and 2 AIM-120s under 30 minutes.

craft for combat, the Airmen at the ACS prepared to direct the pilots into combat. Their job is to be the 'eyes in the skies' and help friendly pilots identify who is hostile in the air.

"As the pilots [were] up in the air, we provided battle management and tactical fluid control to influence tactical decisions and kill the factor groups," said Capt. Chris Hoskins, 325th ACS assistant operations of-

ficer. "The squadron members who participated are permanent party air battle manager instructors and weapons director instructors."

Since the squadron supports each fighter squadron on base, and has no one to compete against,

the ACS competitors were evaluated internally, continued Captain Hoskins.

"The lead controller of each team conducted a weapons brief to their individual teams," he said. "Then each of the six teams executed the mission, and concluded with a debrief. All teams were evaluated on this three-phase process."

The competition is not only a way for experienced personnel to retain their knowledge and tools, but also a way to build them, according to 1st Lt. Doug Mabry, 1st FS intelligence chief.

"Five of the six intelligence competitors in this competition have not given nor seen a step briefing since technical school," he said. "The Turkey Shoot is an excellent way for Intel to practice and build basic skill sets."

How much Intel personnel know and how well they can relay that information has a direct impact on the success of the mission, Lieutenant Mabry continued.

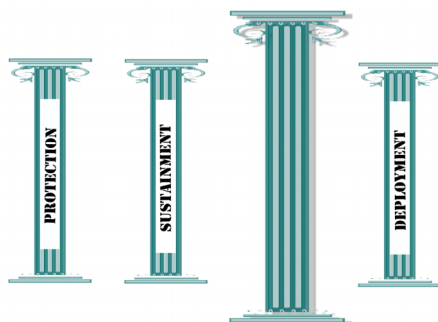
"Intel members gave a step, pre-mission and threat-of-the-day brief to the pilots before they stepped into the simulator or took off for their flight," he said. "How we performed directly affected the fighter squadron we were participating for, and contributed to that squadron's chances of winning the overall competition."

The awards will recognize individual and team performance, but the real benefit is the training and experience gained from preparing and planning for combat, said Major Shank.

"This is training through competition and competition breeds a good warrior," he said.

The winners will be announced at 3 p.m. today in Hangar 1.

FORCE TRAINING



Capt. Greg Wintill, 1st FS instructor pilot, steps into his F-15 before taking off to protect a high-value airborne asset for the competition. Eagle pilots battled F-16 Fighting Falcons from Luke AFB, Ariz., to retain their dogfighting and combat mission planning skills. This was Captain Wintill's first time flying in a Turkey Shoot here, and he was selected to be his team's flight commander.



Sergeant Skaggs gives Airman Baker the 'OK' after lining up a "jammer" bomb lift truck on an AIM-120 missile. Weapons loaders require the equipment to haul the nearly 400-pound missile from the munitions trailer to the aircraft. The team finished loading all four missiles in 24 minutes, 44 seconds.

Briefs

RAO volunteers

The Retiree Activities Office is seeking volunteers to assist with the various tasks associated with running the office. The RAO is an all-volunteer organization that provides assistance and information to Tyndall's retiree community on retiree-related issues. Those interested in volunteering should contact the office at 283-2737 or by e-mail at tyndall.RAO@tyndall.af.mil.

Embry-Riddle Aeronautical University

Embry-Riddle Aeronautical University Summer 2005 Term registration will be held from 8 a.m. to 4:30 p.m. Monday through May 13 at the Tyndall Education Center in Room 48. Class dates are May 31 to Aug. 1. For more information, call 283-4557.

Gulf Coast Community College

GCCC will be holding Microsoft classes. The Excel Basic course is from 8–11 a.m. May 16–20. The cost for the course is \$70 and the cost for the books is \$22.50. For more information, call 283-4332.

Troy University

Troy University will be registering for Term 5 (May 23–July 31) until May 22, 2005. The university is located in the Base Education Center, Room 44A. Registration hours are 8 a.m. to 5 p.m. Monday-Friday. For more information, call 283-4449.

Exceptional Family Member Conference

The Army and Marines have announced the first-ever Exceptional Family Member Conference for DOD families of adults and children with autism or other disabilities. The conference is being sponsored by the Marines and will be held in Quantico, Va., June 1-3. Registration is \$55 per person. For more information on the conference and other classes, events, and support agencies, go to www.quantico.usmc-mccs.org/personal/efmp.htm or www.militaryhomefront.dod.mil/efm.

Firing range restrictions

The 325th Security Forces Squadron firing range at the intersection of DeJarnette Road and Beacon Beach Road is off-limits to all members not performing official duties previously coordinated with the combat arms NCO in charge. Due to live weapons fire operations, trespassing is illegal and very dangerous. Notification to base personnel of live-fire training is easily identifiable by a red range flag flown during daytime firing, or a red beacon flashing during night firing. For more information, contact Tech. Sgt. Mark Boyd at 283-3392.

Parent Advisory Board

The next meeting for the Parent Advisory Board will be May 18 in the Community Cen-

ter. Parents who have children in the Family Child Care program, the Child Development Center and/or the Youth Center are encouraged to attend. If parents cannot attend, feedback sheets are available for comments/concerns. For more information, contact Tech. Sgt. Iris Hague at 283-4589.

Powerful Parenting

The Tyndall Community Center offers Powerful Parenting for Moms and Pops of Tots each Wednesday from 9–10:30 a.m. Bring ideas on how to make this a fun, exciting and educational experience for all. For more information, contact Laurie Campbell at 286-6501 or e-mail znory7@yahoo.com.

Patient travel vouchers

Effective immediately, the 325th Medical Group Resource Management Office will process patient travel vouchers 7:45 a.m. to noon on a walk-in basis and afternoons by appointment only Monday–Friday. If you have any questions on this matter or would like to make an appointment, contact Staff Sgt. Eric Williams at 283-7736.

Enlisted Supervisors Social

The Enlisted Supervisor's Social starts 3:30 p.m. Wednesday at the Enlisted Club. The event is free and being held for airmen and their supervisors to socialize. Those attending do not have to be a club member and civilian attire may be worn. For more information, call 283-3268.

Hurricane briefings

There will be hurricane briefings conducted by the 325th Civil Engineer Readiness Flight in preparation for the upcoming hurricane season. All base personnel are strongly encouraged to attend and dependents are welcome.



1st Lt. Albert Bosco

Life's a picnic

Seven-month-old John Emery is all smiles as Barbara Gaddy, a Child Development Center caregiver, plays with Alyssa Erdman. Parents, children and CDC caregivers joined together for food and fun at the CDC Picnic April 29. The picnic was the final celebration of the Month of the Military Child.

Chapel Schedule**Weekly Bible study**

The Bible study "Life Without Strife" meets 6:30–8 p.m. every Tuesday night at the Spiritual Fitness building by Chapel Two, in Room 108.

Marriage class

Catholic military personnel contemplating marriage within the next six months are invited to participate in a one-day preparation being held 9 a.m. to 4 p.m. June 4 at Chapel 2. This class is designed to help couples learn more about each other and the significance of marriage in the Catholic faith. These classes are required in advance of confirming a marriage date. To register, call 283-2925.

Catholic services

Daily Mass, 11:30 a.m. Monday–Friday, Chapel Two
Reconciliation - before Saturday Mass or by appointment
Saturday Mass, 5 p.m., Chapel Two
Sunday Mass, 9:30 a.m., Chapel Two
Religious Education, 11 a.m., Bldg. 1476

Protestant services

Traditional worship service, 9:30 a.m., Chapel One
Religious education classes, 9:30–10:30 a.m., Bldg. 1476
Contemporary worship service, 11 a.m., Chapel Two
Wednesday Fellowship, 5 p.m., Chapel Two

Muslim services

A prayer room will be open for Dhuhr Prayer Monday–Thursday in the Spiritual Maintenance building near the flightline. There will also be Jum'ah services at 12:30 p.m. the second and fourth Friday of each month.

Briefings will be held at the Enlisted Club at 9 a.m. Tuesday, as well as May 24 and 31. There will also be briefings at the 53rd Weapons Evaluation Group conference room at 2 p.m. May 12 and 26. For more information and dates, call the Readiness Flight at 283-2010.

School and sports physicals

The 325th Medical Group Pediatric Clinic will be providing school and sports physicals May 18-27. Children new to the Florida school system or planning to play fall sports are required to have this physical prior to the beginning of the school year. To schedule an appointment, call 283-2778 and request a school or sports physical. For more information, call the pediatric clinic at 283-7741.

Tricare briefing

The 325th Medical Group staff will present a Tricare health benefits briefing from 6–8:30 p.m. May 17 in the auditorium at the First Baptist Church located on 6th Street in Panama City. This briefing is designed to help military retirees, their eligible family members, active duty families and survivors to better understand their health benefits. For more information, contact the 325th Medical Group Tricare Operations office at 283-7331 or 283-7332.

Thrift Shop hours

Normal hours are 9:30 a.m. to 12:30 p.m. Wednesday–Friday. Consignments are 9:30–11:30 a.m. Wednesday and Thursday. For more information, call 286-5888.

For Sale

Brand new 2004 Honda CBR F4i motorcycle, \$8,500. The price includes leather riding jacket, bike stand, helmet and racing gloves. For more information, call 890-0335 any time.

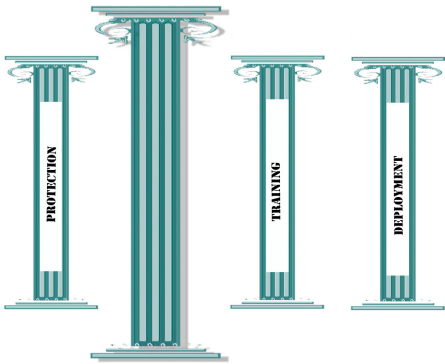


2nd Lt. William Powell

Going for the goal

Kyoichi Takeda, playing for the ACS soccer team, lines up a goal attempt during an intramural match against the OSS team Tuesday while Kyle Takamura and Robert Stith scramble for a block. The OSS team beat out its ACS rivals 7-2.

FORCE SUSTAINMENT



Man of the House
6 p.m. Thursday

Texas Ranger Roland Sharp (Tommy Lee Jones) is assigned to protect the only witnesses to the murder of a key figure in the prosecution of a drug kingpin – a group of University of Texas cheerleaders. Sharp must now go undercover as an assistant cheerleading coach and move in with the young women. Also starring Cedric the Entertainer.

The Pacifier
6 p.m. May 19

The film is the story of an undercover agent who, after failing to protect an important government scientist, learns the man’s family is in danger. In an effort to redeem himself, he agrees to take care of the man’s children only to discover that child care is his toughest mission yet.

(All movie information courtesy of www.imdb.com. Used with permission.)

Coming up ...
Diary of a Mad Black Woman
6 p.m. May 26

Intramural Sports Standings

Soccer		
Team	Win	Loss
OSS	9	1
ACS	8	2
CES	6	3
372nd TRS	6	3
TEST	5	4
SFS	4	5
MXS	2	6
SEADS	2	7
COMM	2	7
83rd FWS	1	7



Golf	
Team	Points
372nd TRS	15
MSS	14.5
AFCESA	14
CONR1	13.5
OSS	13
CES	13
CONR2	12.5
MXS	11.5
AMXS	10
CS1	8.5
RHS	7.5
SEADS	7
53rd WEG	5.5
MDG	5.5
83rd FWS	4.5
SVS	4
CS2	3.5
ACS	2
SFS	0
1st FS	0



SFS cracking down on base speeders

Traffic violations have become a growing concern on Tyndall, especially in the military family housing area.

With less than a month remaining before area schools release students for their summer break, increased measures to curb traffic violations are about to be implemented. The 325th Security Forces Squadron has been tasked to increase radar enforcement and overall traffic supervision of all Tyndall roadways, with a particular emphasis in military family housing areas.

Military members could receive an Armed Forces traffic citation; this citation would be reported directly to an individual's commander and/or first sergeant. Civilians, under certain circumstances, may receive a U.S. District

Court violation notice, which can carry a mandatory collateral fine of \$50.

Anyone who is cited for speeding in any military family housing area will also incur additional mandatory penalties. These penalties involve administrative driving suspensions that take effect immediately.

The following violations, if occurring in a military family housing area, will result in:

a. Speeding 1–14 mph over the posted limit – 30 day suspension and four points accessed to your base driving record.

b. Speeding 15–24 mph over the posted limit – 60 day suspension and five points accessed to your base driving record.

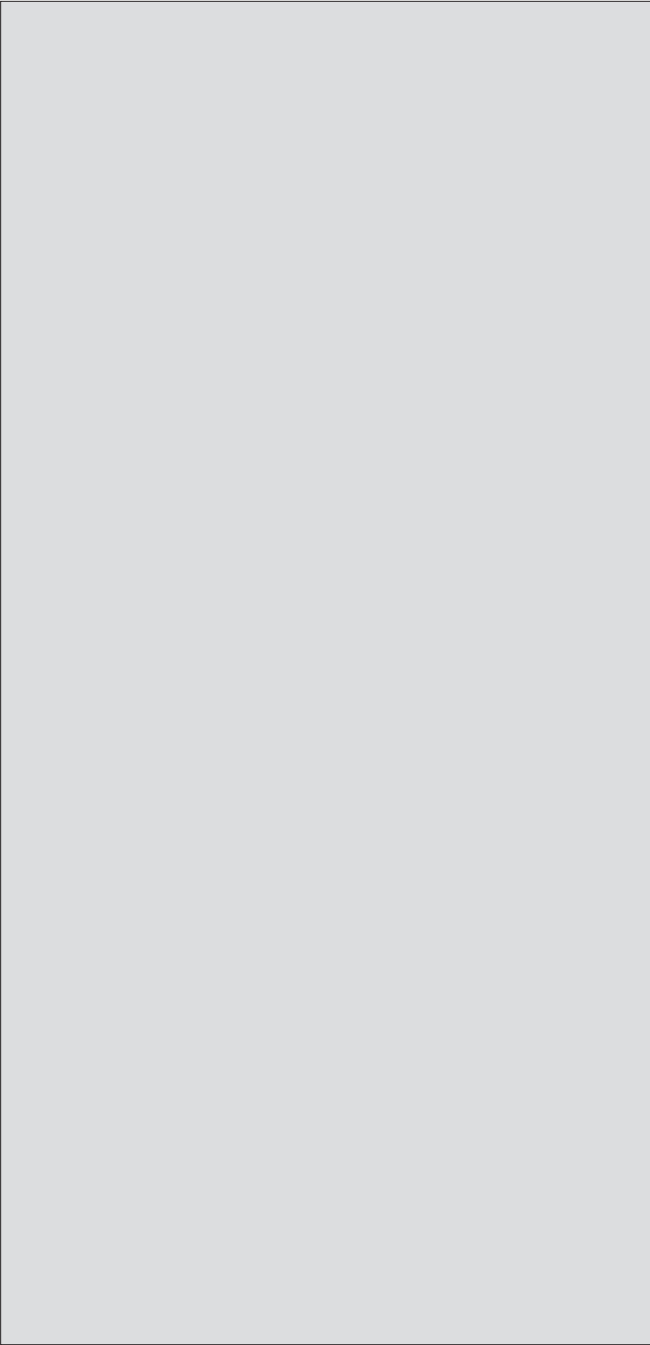
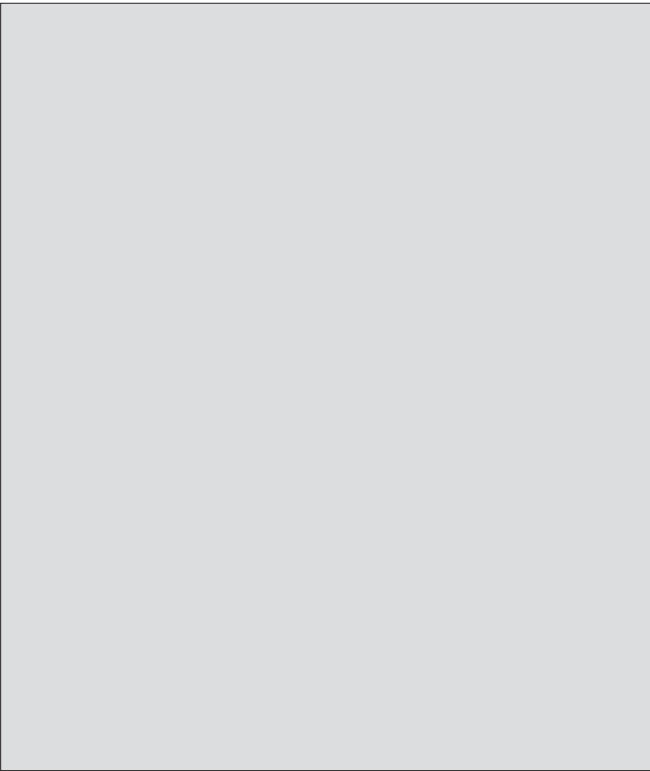
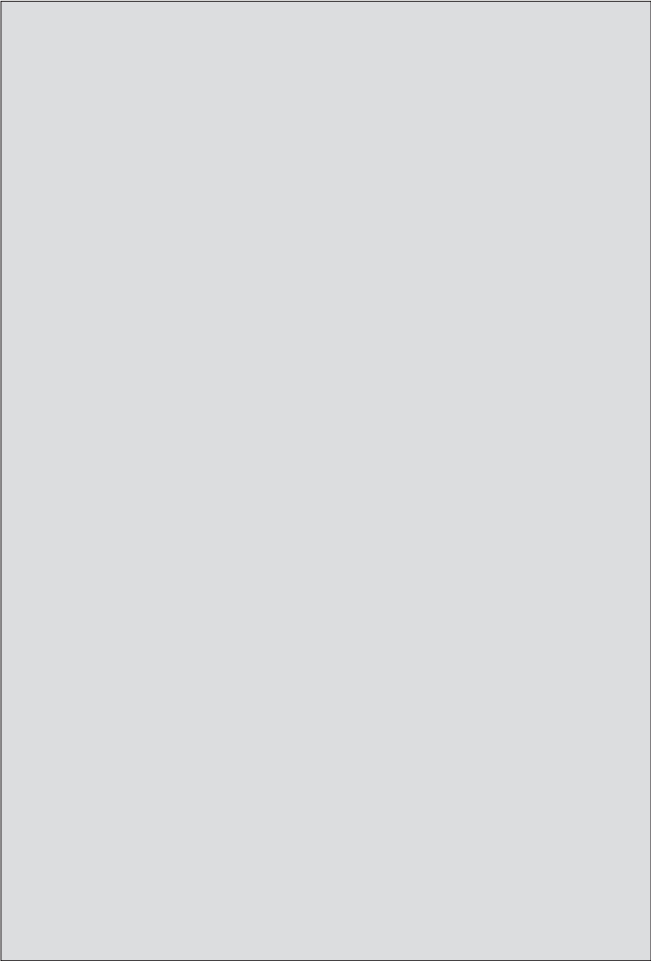
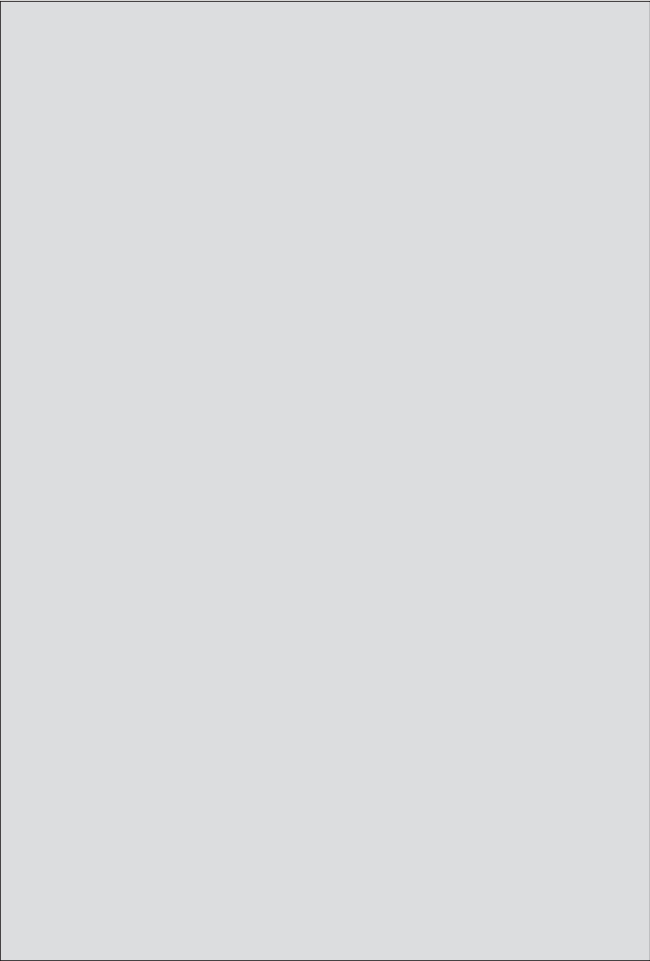
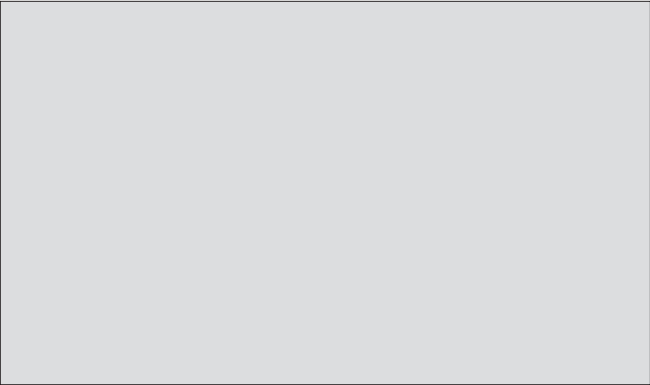
c. Speeding 25 mph or more over the posted limit – 90 day suspension and six points accessed to your base driving record.

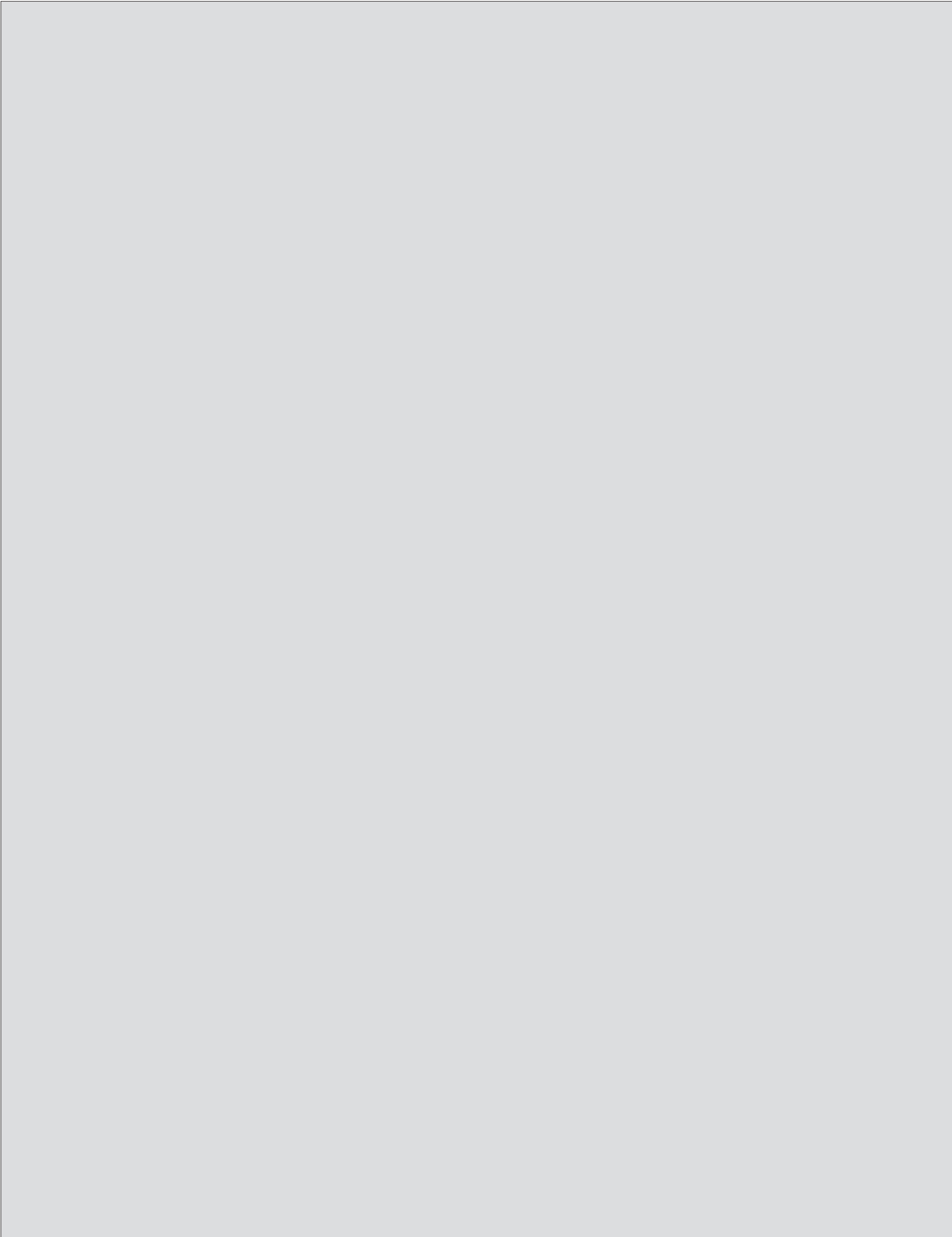
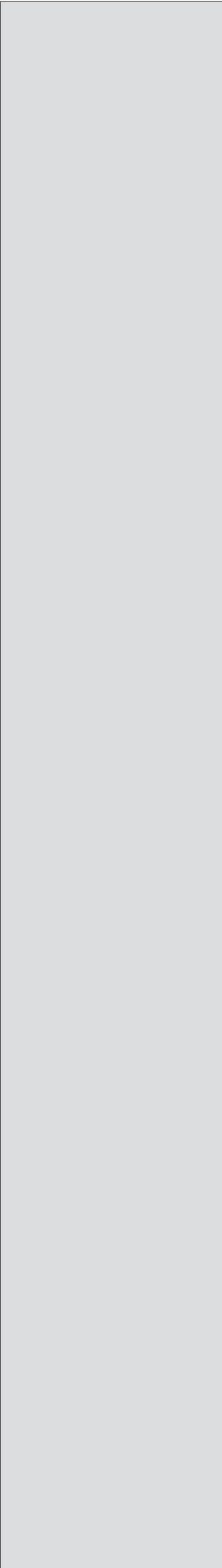
Repeat offenders risk losing their driving privileges for a year on Tyndall if they acquire 12 points within a year, per AFI 31-204, *Air Force Motor Vehicle Traffic Supervision*.

People can report unsafe acts to the Security Forces Control Center at 283-2254, or directly to security forces leadership via email at callthecops@tyndall.af.mil.

As always, people may also provide information anonymously through the "TIPS" hotline at 283-8477.

(Courtesy of the 325th Security Forces Squadron)





Avoid rip currents, heed warning flags

It's that time of year again when people start going out to play at the beach.

But, along with Florida's warm waters come hazards, the deadliest of which is rip currents. The force of rip currents has claimed 281 swimmers between 1989 and 2003, averaging 18 per year along the Florida coast.

According to the United States Lifeguard Association, rip currents are the primary hazard at the beach. More than 80 percent of rescues by life guards were the result of people getting

caught in rip currents.

Most deaths associated with rip currents occur when people panic and try to swim directly toward shore against the current. The person will eventually become exhausted and drown before reaching the beach. The rip current does not drag a person under water but moves them at speeds of 3-5 miles per hour into deeper water.

If caught in a rip current, it is best to remain calm to conserve energy and never swim against the current. Swim out of the current following the

shoreline. Once out of the rip current, swim at an angle towards shore.

Avoid getting caught in the rip current by knowing the surf conditions and rip current risk before going to the beach.

A new five-flag warning flag system for Panama City Beach clearly displays the hazard level in the current surf conditions:

GREEN: Calm conditions. Normal care and caution should be exercised.

YELLOW: Light surf and/or currents are present. Weak swimmers are discouraged

from entering the water.

RED: Rough conditions, such as strong surf and/or strong currents are present. All swimmers are discouraged from entering the water.

RED OVER RED: The water is closed to public contact. No one may enter the water.

PURPLE: Marine pests, such as jellyfish, stingrays, or dangerous fish are present (not intended to be used for sharks).

(Courtesy of the 325th Fighter Wing Safety Office)

Smile!
We're online!

See the Gulf Defender
at www.tyndall.af.mil/News/news.htm.





Funshine NEWS



www.325thservices.com

MAY IS FITNESS MONTH



Come out and get fit with
the Services Squadron!

Saturday - Muscle Beach
Power Lifting
Competition

Saturday - Bike St. Mark's Trail

Monday - 10K Run

Wednesday - Strive Demo

May 14 - Gulf Coast Salute 5K
Fun Run/Walk

May 20 - Squadron Challenge
swim meet

May 21 - MARATHON MANIA
1/2 Marathon
Family Fun Run
Cardiothon

May 21 - Freestyle skateboarding
class

May 23 - HAWC "Eating to be Fit"

FRIDAY THE 13th!

Dorm outdoor movie
The Ring 2

Friday, May 13 at dusk
outside the Community Center

B.Y.O.B

(Bring Your Own Blanket or Lawnchair)



All ranks at the Tyndall Enlisted Club

**Free Movie
Night**
Thursday
Man of the House

Rated PG-13

Movie 6 p.m.

Snack Bar items include

Pizza, hot dogs, chili dogs,
nachos, popcorn, candy, & soda.

Youth under age 16 must be accompanied
by an adult. Movies subject to availability.

283-4357

Community Center

☎ 283-2495

Pilates instructor

The cardio center is looking for an additional
Pilates instructor. If you have the right
qualifications, call 283-2495.

Leisure Travel

Looking for a great short vacation getaway? Check
out a five-day Key West and Bahamas Cruise out of
Jacksonville, Fla. Aug. 22. Two people can get an
inside stateroom starting at \$761, or an oceanview
stateroom starting at \$880.

Call Nancy at 283-2864 or stop by the Tyndall
Community Center Monday through Friday from
9 a.m. to 3 p.m., and book your summer getaway
while fantastic military discount rates are still
available. Also, there are many other cruise and
vacation options for you to choose from.

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We engrave on all surfaces.
Thousands of designs and
styles to choose from

**We have the best prices
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For more information call
283-4511

All Ranks Membership Night Tonight 4 p.m.

Free entry
for members
and their
spouse

Prizes
Free food
DJ entertainment

For more information call
283-4357

Enlisted Club - The Zone

Outdoor Recreation

☎ 283-3199

FISHING CHARTERS

by Capt. Milton Tarpley

From Bonita Bay (max 4 people)

Full-day: \$275

Half-day: \$225

From Port St. Joe

Full-day: \$255

Half-day: \$205

Register and pay at Bonita Bay for both sites.
Vendor will provide the boat, fishing gear, and
guide.



For more information call
283-3199

Gulf Coast Salute 2005

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● FROM TICKETS PAGE 9

One day in the fall of 2003, when Mrs. Myers was talking to family members of wounded service-members while visiting Walter Reed with her husband, she said she became concerned about family members being able to afford to travel back and forth from their loved ones' bedsides. was caring for four children and her own widowed mother at home, Mrs. Myers said.

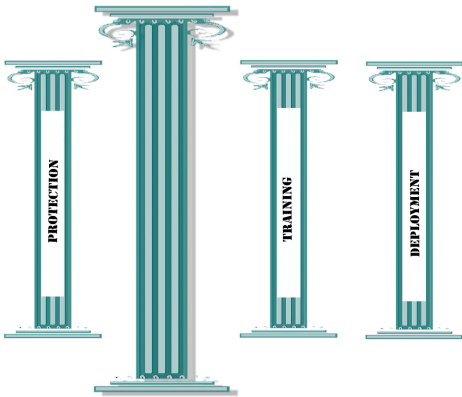
"She was there for the amputation of her son's leg, which was going to take place the next day," she said. "Yet, she had to turn around and go right back (home) because it was the beginning of the school year, and she had children to support, and she was a kindergarten teacher."

Mrs. Myers said she was touched by the woman's story about using the one trip to Walter Reed that the government supplied.

"Her son was going to facing long months of rehabilitation, and her one trip was used up," she said.

Mrs. Myers said it was coincidental that when she started talking to people about her concerns, many said they had been talking to Mary Winkenwerder, wife of assistant secretary of defense for health affairs

FORCE SUSTAINMENT



Dr. William Winkenwerder, about the same thing.

"She had been visiting patients like I had and had come to the same conclusion," Mrs. Myers said. "So we started off talking with (a congressman) because that's when Congress had accumulated a lot of air miles for the active duty to go on (rest and recuperation leave)."

She said that supporters of the families of wounded troops were hoping to "piggyback" on that program.

Mrs. Myers said the free air miles program can be "a lifesaver." She said she has found that many families she asks do not know about the program.

Request for tickets have to originate from the servicemember and forwarded to the foundation by a hospital's social work staff, family assistance center or service casualty office.

"All we want to know is the reason for the hospitalization, and we don't make any distinction whether it was combat related, training accident or sports injury if they're hospitalized (because of) service in Iraq or Afghanistan," Mr. Weiskopf said.

Request forms are available on the foundation's Web site. A case manager or other official from the patient's medical facility must validate the request form.

"Even though these are free tickets, we spend money running this program, including hiring a staff member to manage the program," Mr. Weiskopf said. "We pay the Sept. 11 airport security fee and some other fees, such as the fee to change a ticket. We're working with medical problems and people can't always predict when they are going to have to travel."

